

## Eat Healthy at the Capitol Mid-Week Farmers' Market

Opening day of the Capitol Mid-week Farmers' Market May 24 was a huge success with an estimated crowd of 800 shoppers visiting the booths along 10<sup>th</sup> Street in front of the state capitol. The Farmers' Market is a program of the Office of Health Promotion at the Kansas Department of Health and Environment in partnership with Gov. Kathleen Sebelius' Healthy Kansas initiative.

Farmers sold a variety of early season produce such as strawberries, lettuce, spinach, bok choy, onions, honey, and flowers. All produce is locally grown.

Due to the opening week's success, which saw supplies of produce exhausted very early in the day, the market will be open every Wednesday until Oct. 25 from 9 a.m. to 2 p.m. and is open to the public.

The variety of fruits and veggies will increase with every market as the summer progresses. The first tomatoes of the season should be coming very soon.

For more information on market opportunities, contact Jennifer Church, [jchurch@kdhe.state.ks.us](mailto:jchurch@kdhe.state.ks.us), 296-8060.

